

## Activity Schedule

# Welcome to Camp

### Sunday

2:00		
2:30		
3:00	<b>3:00 Registration (DH)</b> Get yourself a room and a T-Shirt	<b>3:00 Activity Fair (DHP)</b> After you register, meet staff and learn about the week ahead
3:30		
4:00		
4:30		<b>4:30 Yoga (GY)</b> Get the kinks out and unwind after the long drive.
5:00		
5:30	<b>5:30 Camp Orientation (PL)</b> Meet Staff & Get Fired Up !! Learn what you need to know! <b>Mandatory For All Campers</b>	
6:00		
6:30	<b>6:30 Dinner</b> (Line up outside side Dining Room Door)	
7:00		
7:30		
8:00	<b>8:00 Ice Cream Social (PL)</b> Ice Cream for all!! And <b>Rookie Orientation</b> for the new Campers ( <b>Mandatory</b> )	
8:30		
9:00		

### Sunday

Places to meet for activities:

(CSL) Covered Slab, (DH) Dining Hall, (DHP) Dining Hall Porch, (GY) Gym, (HP) Hitching Post, (LLR) Lodge Living Rm, (LMR) Lodge Meeting Rm  
 (NS) Nurses Station, (PF) Polo Field, (PL) Pool Lawn, (PRE) Prude Ranch Entrance, (SP) Swimming Pool, (TC) Tennis Courts

## Activity Schedule

# **Monday (Adventure Run, Alpine "Musquiz" Day)**

6:00					
6:30	<b>6:30 Adventure Run, Alpine (Musquiz) Canyon (HP)</b> (by bus) Back after one year hiatus. A must do and favorite scenic run. Variable distance runs up to six miles.	<b>6:30 Morning Tempo Walks</b> Meet at the Nurse's Station. Interval walks on ranch trails led by Jack Jennings.	<b>6:30 Alpine Bird Walk (HP)</b> Join Nancy for birding along Alpine Canyon. Bring binoculars.		
7:00				<b>7:00 Wakeup Yoga (GY)</b> Join Teresa and start your morning right.	<b>7:00-9:30 Breakfast</b>
7:30					
8:00	<b>8:00 Swim Training Sessions (SP)</b> Personalized Training!! 2 Slots; Sign up early	<b>8:00 Historical Site Hike (Old Fort Davis)</b> Start at Davis Mountain State Park Interpretative Center and hike over the mountain to Historical Ft Davis. This has been a treat for many campers. Brink a snack. Approximately 3 hour hike.			
8:30					
9:00					
9:30					
10:00			<b>7:45 Bike Ride Prude Ranch through Wild Rose Pass, to Boy Scout cut off road, and back to Prude Ranch (HP)</b> Nice ride down the mountain, and then ride back up, 60 miles round trip. <b>Long Ride</b>	<b>8:30 Bike Ride Prude Ranch to Wild Rose Pass and back to Prude Ranch (HP)</b> Stop and visit the great scenery at the top of Wild Rose Pass and then ride back to Ranch, 36 miles. <b>Medium Ride</b>	<b>9:30 To Fort Davis &amp; Back Ride Ride / Ft. Davis Tour Bike Ride (HP)</b> You'll easily be back to the ranch in time for lunch. If you chose the tour, lunch is included at Stone Village. Be aware that some of the roads in Ft. Davis are packed dirt (not paved). Sunday, check sign up sheet. <b>Short Ride</b>
10:30					
11:00					
11:30					
12:00					
12:30					
1:00	<b>1:00 - 2:30 Lunch at Ranch</b>				
1:30					

# Monday

2:00			<b>2:00 Cycling Basics (HP)</b> Review the basics of cycling including gear, terminology, and shifting.	<b>2:00 Strength Training (Gym)</b> One hour of training with weights and bands.	
2:30	<b>2:30 Portable 400 Meter Track (LLR)</b>				
3:00	Bring your GPS to check the teams accuracy.	<b>3:00 Swim Training Sessions (SP)</b> Personalized Training!! 2-30 min slots; Sign up early	<b>3:00 Basic Riding Skills (HP)</b> Led by bike staff	<b>3:00 Zumba (Gym)</b> Every class feels like a party!	
3:30	<b>3:30 Bush-Whacking Mount Arabella (HP)</b>				
4:00	New and first time hike within minutes of Prude Ranch		<b>4:00 Flat Tire Changing Clinic (DHP)</b> Bring your bike and receive tips on how to remove your wheels, change a tire/tube, emergency fixes and what you should carry with you on rides. You need to know this stuff!	<b>4:00 Pilates (Gym)</b> Learn how Control, Breath, Precision, Stability & other techniques can improve.	
4:30					
5:00	<b>5:00 Trail Run (HP)</b>			<b>5:00 Yoga for Front Body (GY)</b> Learn to breath deeply, release tight shoulders and relax back muscles.	
5:30	Work your lunch off and work up a dinner appetite.				
6:00	<b>6:00 Dinner</b> □				
6:30					
7:00					
7:30					
8:00		<b>7:30 CPR - Part 1 (LLR)</b> Join our camp nurse, Liz Vinton. Part 1 of the course will be viewed.			
8:30		<b>8:30 History of Fort Davis discussion (LMR)</b> Learn a little or a lot about Fort Davis through Joe Duncan. His parents are from Fort Davis, and now he lives here with his wife, Lana. Joe took over the Limpia Hotel from his parents, and now own several B&b's, Stone Village Campground, as well as Stone Village Market in Fort Davis.			
9:00					
9:30					
10:00					

# Monday

Places to meet for activities:

(CSL) Covered Slab, (DH) Dining Hall, (DHP) Dining Hall Porch, (GY) Gym, (HP) Hitching Post, (LLR) Lodge Living Rm, (LMR) Lodge Meeting Rm  
(NS) Nurses Station, (PF) Polo Field, (PL) Pool Lawn, (PRE) Prude Ranch Entrance, (SP) Swimming Pool, (TC) Tennis Courts

# Activity Schedule

## Tuesday (Scenic Loop Day)

6:00				
6:30	<b>6:30 Ft. Davis Adventure Run (HP)</b> Choose your distance 2, 4 or 6 miles. Bus out and run back to ranch.	<b>6:30 Morning Tempo Walks</b> Meet at the Nurse's Station. Interval walks on ranch trails led by Jack Jennings.	<b>7:00 Scenic Loop Bike Ride (HP)</b> 76 challenging miles. Full support including 3 water stops, snacks & sack lunch. See bike staff for details. Advanced & experienced riders only. <b>Long Ride</b>	<b>6:30-9:00 Breakfast</b>
7:00				
7:30			<b>7:00 Bird Walk (HP)</b> Join our fellow camper Nancy Decker Find some West Texas Birds	
8:00				
8:30				
9:00				
9:30				
10:00				
10:30				
11:00	<b>11:00 Video Tape Running (HP)</b> Get your running style videotaped. Signup sheet posted by the dining hall.			
11:30				
12:00	<b>12:00 Run Video Playback &amp; Analysis (Dining Room Foyer)</b> See yourself on tape and gain insight on running form.			
12:30				
1:00	<b>ALL EXCEPT FULL LOOP RIDERS, PICK UP SACK LUNCHES AT BREAKFAST</b>			
1:30				

## Tuesday

2:00			<b>2:00 Strength Training (Gym)</b> One hour of training with weights and bands.	
2:30	<b>2:30 Running &amp; Aging (LLR)</b> Are we slowing down? Why am I slowing down?			
3:00		<b>3:00 Cook Flat Hike (HP)</b> Join Jack and Trek up Sproul Rd, over cattle guards and through a valley		
3:30			<b>3:30 Pilates (Gym)</b> Focus on your core and back muscles.	
4:00				
4:30			<b>4:30 Yoga for Back Body (GY)</b> Stretch your back, hamstrings, calves, and gluteal muscles.	
5:00				
5:30	<b>5:30 Happy Hour (DHP)</b> Shiner of Austin is donating the beer. Please give a "toast" and tell Don Cadden thanks for having Shiner Beer			<b>5:30 Activities at the Lawn (DHP)</b> Horseshoes, washers, softball, etc.
6:00				
6:30	<b>6:00 Dinner</b>			
7:00				<b>7:00 Bird Walk (HP)</b> Join our fellow camper Nancy Decker Find some West Texas Birds
7:30	<b>7:30 Centenarian: Generation "C" (LMR)</b> Our own camper, Bob Wuest, is going to present, discuss, and provide information regarding Generation "C".		<b>7:30 Dance Basics (Gym)</b> Learn basic steps and timing for all dances.	
8:00				
8:30	<b>8:30 Casual, interactive discussion of the recent Brush Fires (LMR)</b> Join Pete Szilagyi of Fort Davis. He is a columnist for the Austin American-Statesman, and a deejay, news and talk host for Marfa Public Radio. Discussion of the recent brush fires that ripped through Fort Davis and skirted Alpine.			
9:00				
9:30				
10:00				

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# Activity Schedule

## Wednesday (Balmorhea Day)

6:00					
6:30	<b>6:30 Visitor Center at the Observatory Challenge (HP)</b> Take the bus to the observatory and run to ranch or anything in between.	<b>6:30 Morning Tempo Walks</b> Meet at the Nurse's Station. Interval walks on ranch trails led by Jack Jennings.			
7:00				<b>7:00-9:30 Breakfast</b>	<b>7:00 Wakeup Yoga (GY)</b> Join Teresa and start your morning right.
7:30			<b>7:45 Bike Ride to Balmorhea SP via Boy Scout Ranch (HP)</b> Down the mountains thru Wild Rose Pass. Add some miles to this mostly downhill ride by riding in and out of the canyon. If you do, there might be a cool surprise for you at the turnaround.  <b>** Be sure to put change of clothes bag on bus **</b>  <b>Long Ride</b>		
8:00					
8:30					
9:00			<b>9:00 Bike Ride to Balmorhea State Park (HP)</b> Down...and down...and down the mountains thru Wild Rose Pass, then add some miles. Plunge into crystal clear water.  <b>Medium Ride</b>		
9:30		<b>9:30 Drive straight to Balmorhea to maximize your time in the pool ☺</b>		<b>9:30 Wild Rose Pass to Balmorhea State Park Bike Ride (HP)</b> By 9:00 – Leave your bike on the pool lawn so the bike staff can load trailer. Bus and trailer leaves at 9:30am, followed by ride to Balmorhea State Park.  <b>Short Ride</b>	
10:00					
10:30					
11:00					
11:30	<b>11:30 Deep Water Aerobics &amp; Poolates At Balmorhea</b> Hit the pool, work out the lactate from your ride.	<b>11:30 Open Water Swim At Balmorhea</b> Sharon will provide individualized workouts.	<b>Bikes trailered to Ranch</b> (2nd trip will immediately follow 1st trip. Please help with loading of trailer )		
12:00					
12:30	<b>12:30 Picnic Lunch @ Balmorhea</b>				
1:00					
1:30					

## Wednesday

2:00	2:00 Bus #1 leaves for ranch		Bike back to Ranch If you dare!	2:00 Bus #1 leaves for ranch	
2:30					
3:00					
3:30	3:30 Bus #2 leaves for ranch				
4:00				3:30 Intermediate Riding Skills Workshop (PL) We will have hill climbing, cadence, gear-shifting instruction.	
4:30				4:00 Yoga/Pilates "Fusion" Class (Gym) Experience the best of both worlds, Yoga and Pilates Fusion.	
5:00	5:00 Trail Run (HP) Some call it a trail; others call it piles of rocks. Follow Roger and Keith on a trail run.	5:00 CPR - Part 2 (LMR) Liz will check off your skills on the mannequins.			
5:30					
6:00	6:00 Dinner				
6:30					
7:00					
7:30					
8:00	8:00 Apache adams - Big Bend Cowboy (LMR) Join author Don Cadden (camper) presenting Apache Adams and their new book, <b>Tied Hard and Fast</b> . Listen to his stories about breaking colts, roping bulls, tracking cow thieves, and catching illegal cattle along the Mexican border.				
8:30					
9:00					
9:30	9:30 Fitness Camp Star Party (PF) See the stars from our very own back yard				
10:00					

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# Activity Schedule

## Thursday (Mount Livermore)

6:00									
6:30									
7:00	<b>7:00 Cook Flats Trail Run (HP)</b>	<b>6:30 Morning Tempo Walks</b> Meet at the Nurse's Station. Interval walks on ranch trails led by Jack Jennings.		<b>7:00-9:30 Breakfast</b>	<b>7:00 Bird Walk (HP)</b> Join our fellow camper Nancy Decker find some West Texas Birds				
7:30	Running with the buffalos from 2-6 miles.								
8:00									
8:30	<b>8:00 Swim Training Sessions (SP)</b>	<b>7:45 Mount Livermore Hike (HP)</b> This hike in an incredible opportunity to climb to top of the second highest peak in the State of Texas. Hike is limited to 25 hikers and SIGN-UP is required. BRING A SACK LUNCH. Total time away from camp is approximately 6-8 hours.	<b>7:45 Bike Ride, Prude Ranch to City of Alpine and Back to Ranch (HP)</b> Long ride of the day is to the City of Alpine and back to Prude Ranch. 58 miles round trip <b>Long Ride</b>						
9:00	Personalized Training!! 2-30 min slots; Sign up early								
9:30									
10:00	<b>10:00 Low Impact Cardio Class (GY)</b>								
10:30	Low impact aerobics class designed for all fitness levels.								
11:00	<b>11:00 Video Tape Running (HP)</b> Get your running style videotaped. Signup sheet posted by the dining hall.	<b>9:00 Bike Ride to City of Alpine (HP)</b> Ride 30 miles to Alpine City Park. First bus back to ranch 11:00am. Last bus departs 12:00pm. <b>Medium Ride</b>	<b>9:30 Bike Ride through Fort Davis and to CDRI and turn back to ranch (HP)</b> Prude Ranch to Ft Davis toward City of Alpine, and look for Chihuahuan Desert Research Institute (CDRI) on your left. 20 miles. <b>Short Ride</b>						
11:30									
12:00	<b>12:00 Run Video Playback (DH)</b>								
12:30	See yourself run and gain insight on your running form.								
1:00	<b>1:00 Lunch at Ranch; Sack Lunch for specific groups</b>								
1:30									

## Thursday

2:00				<b>2:00 Strength Training (Gym)</b> One hour of training with weights and bands.	
2:30	<b>2:30 Mental Side of Running (LLR)</b>				
3:00	To think or not to think, that is the question.	<b>3:00 Swim Training Sessions (SP)</b> Personalized Training!! 2-30 min slots; Sign up early	<b>3:00 Goat/Cook Mt Hike (HP)</b> Arrive on-time to meet our camp founder, Jack, and join him for a hike.		
3:30					
4:00		<b>4:00 Swim Training Sessions (SP)</b> Personalized Training!! 2-30 min slots; Sign up early		<b>4:00 Pilates (GY)</b> Full body integration. Discover how to use your body, not momentum.	
4:30					
5:00				<b>5:00 Yoga for the Side Body (GY)</b> How to improve your posture and balance.	
5:30					
6:00	<b>6:00 Dinner</b>				
6:30					
7:00					
7:30	<b>7:30 Book Discussion - True Grit (LMR)</b> Discussion led by Gary White. True Grit has resurfaced to its recent film adaptation. Discuss characters within the book such as Mattie Ross and Rooster Cogburn			<b>7:30 Dance II (Gym)</b> Brief review of listening to music with timing and rhythm.	<b>7:00 Bird Walk (HP)</b> Join our fellow camper Nancy Decker Find some West Texas Birds
8:00					
8:30					
9:00					
9:30	<b>Movie Under the Stars (Pool Lawn)</b> Join everyone else and bring your chair, blanket and ice chest in watching "Young Frankenstein" or "Airplane".				
10:00					

## Thursday

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## Activity Schedule

# *Friday (Observatory Challenge & Bike and Tie)*

6:00	<b>6:15 Adventure Run (HP)</b> (arrive by bus)				
6:30	Madera Canyon, one of the most beautiful places on Earth. Variable run distances. One small hill & one big hill (will the bus make it to the top this year?)	<b>6:30 Morning Tempo Walks</b> Meet at the Nurse's Station. Interval walks on ranch trails led by Jack Jennings.			
7:00			<b>7:00 Bird Walk (HP)</b> Join our fellow camper Nancy Decker Find some West Texas Birds		<b>7:00 Wakeup Yoga (Gym)</b> Join Teresa and start your morning right.
7:30				<b>7:00-9:30 Breakfast</b>	
8:00	<b>8:00 Everything You Need to Know About Swimming on Your Own Clinic (SP)</b> Intervals, workouts, Q&A's				
8:30		<b>8:30 Primitive Area (HP)</b> Explore nature in the hills above Limpia Creek.	<b>9:30 Bike Ride Prude Ranch to McDonald Observatory (HP)</b> Ride to the Visitors Center and back down to Ft Davis and return to Prude Ranch. 32 miles <b>Long Ride</b>	<b>9:30 Bike Ride Observatory Challenge (Visitor Center)</b> Challenge yourself. Starts at Prude Ranch, stops when you touch the dome and back to ranch, 22 miles. <b>Med Ride</b>	<b>9:30 Bike Ride Prude Ranch to Visitor Center (HP)</b> Out and back ride up to 20 miles. <b>Short Ride</b>
9:00					
9:30					
10:00					
10:30					
11:00					
11:30	<b>11:00 Bike and Tie (PL)</b> Two person teams. One rides, one runs. 4 mile loop course around camp				
12:00					
12:30					
1:00	<b>1:00 Lunch at Ranch</b>				
1:30					

***Friday***



## Activity Schedule

### ***Saturday (Bon Voyage)***

6:00		
6:30	<b>6:30 Traditional Last Runs</b>	
7:00	Ranch road to radio telescope, or watch Sunrise from the Switchbacks @ State Park. Get	
7:30	details from Roger & Keith	
8:00		
8:30		7:00 Breakfast
9:00		

# Vaya Con Dios!

Have a safe and pleasant journey home...

***Run every chance you get!***

-Al Cumming

**The will to win means nothing without the will to train. – Juma Ikaanga**

----- Fold & Tear ----- Fold & Tear ----- Fold & Tear -----

# Plan Your Week

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00					
6:30					
7:00					
7:30					
8:00					
8:30					
9:00					
9:30					
10:00					
10:30					
11:00					
11:30					
12:00					
12:30			12:30 Lunch @ Balmorhea		
1:00	1:00 Lunch	1:00 Lunch		Sack Lunch	1:00 Lunch
1:30					

Places to meet for activities:

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# Plan Your Week

	Monday	Tuesday	Wednesday	Thursday	Friday
2:00					
2:30					
3:00					
3:30					
4:00					
4:30					
5:00					
5:30					
6:00				6:00 Dinner	6:00 Dinner
6:30	6:30 Dinner	6:30 Dinner	6:30 Dinner		
7:00					
7:30					
8:00					
8:30					
9:00					
9:30					
10:00					

Places to meet for activities:

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